



# Saddl'n up for Community Service

Community Service Month—October, 2008

Every community has many unique needs therefore the 2008-2009 Community Peer Education Team is encouraging each chapter to make October "Community Service Month". The team selected a National Program for chapters to focus on each week in October. You will find suggested activity ideas listed below.

## October 5-11 -----"Families First"

- \*Family Fun Night- play board games, make crafts, and have snacks as a family!
- \*Community Family Picnic- put an ad in the local newspaper to have families join for a picnic in the park!
- \*Family Movie Night- join together in your school auditorium for a fun family flick!
- \*Family Campfire- sit around a campfire with your family.
- \*Family Obstacle Course- watch your family members go through a challenging obstacle course while having a great time!

## October 12-18 -----"Student Body"

- \*F.I.T Children- walk laps with elementary kids in the gym and give rewards
- \*Health Fair- informational booths to promote healthy habits
- \*Health Trivia- use the MyPyramid to come up with questions to stump your family members!

## October 19-25 -----"FACTS"

- \*Donuts for Drivers- give drivers a donut in the morning if they're wearing their seatbelts!
- \*Dum-Dum's for Dummies- give drivers Dum-Dum suckers for not wearing their seatbelts!
- \*Bike Safety- have a local police officer come talk to elementary kids about riding their bikes safely!
- \*Traffic Safety Obstacle Course- set up cones and driving signs and have students ride tricycles through them—rewarding points for things done correctly!

## October 26-31 -----"STOP the Violence"

- \*"Hands Are Not For Hitting"- a storybook with activities for younger children, showing how to use their hands the 'nice' way!
- \*Internet Safety- have a police officer talk to students about ways to look for internet violence and things you can do to prevent it!
- \*Dating Violence- role play an "unhealthy" relationship and have students point out the pros and cons of it
- \*Abuse Shelters- collect items and foods to donate to the Abuse Shelters! (example: food, travel size items, clothes, etc...)

Please e-mail a brief summary of Community Service Month activities to [joni.lowe@k12.sd.us](mailto:joni.lowe@k12.sd.us) by November 15. Include numbers when possible for our year end report.